

GROWING UP FEMALE

workshop

*for mothers & daughters
ages 9 - 13*

The change from girl to young woman... alternately exciting and scary...obvious and mysterious...greeted with a mixture of anticipation and conflict by mother and daughter alike.

What's normal? What does a girl at this stage want and need to know? How can she talk to a parent about her concerns?

This program can open the door to understanding and communication between mother and daughter in this fundamental part of their shared experience: being female. This program is intended for girls approximately 9-13 years of age, with their mothers.

PROGRAM INCLUDES:

- What to expect during puberty and early adolescence.
- Award winning films...warm, realistic, and thought provoking.
- A time for mothers and daughters to share their thoughts, experiences, and concerns on this subject.

\$20.00 per couple.

Includes dinner and materials.

Scholarships available.

MORE INFO

(406)751-8150

5:30—8:30 p.m. Flathead City-County Health Dept.,
2nd floor Conference room, 1035 1st Avenue West, Kalispell

REGISTRATION FORM

Growing Up Female

To Register

- 1) Call 751-8150 to reserve your space. Pre-registration is required & enrollment is limited.
- 2) Send a registration form and your check for \$20.00 per family per program.

Name _____ Child's Name _____ Age _____

Address _____ City _____ State _____ Zip _____

Home Phone _____ Work Phone _____

Sponsored by Friends of Family Planning Planning